In aid of charity

AUGUST 5 - 9, 2020
COOK ● EAT ● DONATE

Cook along with the chefs on woap.in

Immunity Booster Tacos

Ingredients - Pg 1

Turmeric Tacos - 12 pcs
BBQ Pulled Jackfruit - 24 tbsp
Cabbage(juliennes) - 12 tbsp
Cilantro & Mint Salsa - 6 tbsp
Sesame seeds(toasted) - 2 tsp

Turmeric Tacos
Maize flour (makkaikaatta) - 5 tbsp
Wheat Flour - 5 tbsp
Refined Flour - 5 tbsp
Salt - a pinch
Fresh Turmeric(peeled & grated) - 2tsp (or use ½ tsp of regular powdered turmeric)
Luke warm water - as required
Oil - 1 tbsp

Equipments
Small kitchen knife
Grater
Big steel utensil to make the dough
Thick Plastic Sheets
Taco Press/Puri press or solid steel plate to press the dough
Hot plate or flat tava

Pulled Jackfruit Mix
Raw Jackfruit (cleaned, peeled, cut into big chunks) - 200g
Fresh Turmeric(peeled & grated) - 2tsp (or use ½ tsp of regular powdered turmeric)
Salt - to taste
Oil - 2 tbsp
Onion(sliced) - 1 big piece
Garlic(chopped) - 1 tbsp
Green chillies(chopped) - 1 tsp
House BBQ sauce** - 4 tbsp
Water - as required

Equipments
Chopping board
Big kitchen knife
Grater
Sauce pan with a lid
Sauté pan with a lid
Pav Bhaji/potato masher
Immunity Booster Tacos  

**Cilantro & Mint salsa**
- Fresh Cilantro/Coriander leaves (thick chop) - 4 tbsp
- Fresh Mint leaves (thick chop) - 2 tbsp
- Green Chillies (chopped) - 1 tsp
- Salt - a pinch
- Lemon Juice - 1 tsp
- Olive Oil - 1 tbsp
- Crushed Black Pepper - ¼ tsp

**Equipments**
- Mixing glass bowl

**House BBQ Sauce**
- Tomato Ketchup - 350g
- Cumin powder - 1 tbsp
- Coriander powder - 1 tbsp
- Chilli Powder/Smoked paprika - 1 tbsp
- Soy sauce - 2 tbsp
- Vinegar - 4 tbsp
- Jaggary (grated) - 6 tbsp
- Mustard paste - 1 tbsp
- Fresh Turmeric (peeled & grated) - 2 tsp (or use ½ tsp of regular powdered turmeric)
- Salt - 1 tsp
- Crushed Black pepper - 1 tbsp
- Water - 100 ml
- Raw mango (optional), roasted - 1 pc medium size

**Equipments**
- Pav Bhaji / potato masher
- Sauce pan
- Small kitchen knife